



# 2022 MOWSA NEW SWIMMER INFO

WELCOME TO MOWSA WOWZA.

JUST DO IT!

The most important thing for you to do right now is to subscribe to [WhatsApp](#) and our MOWSA chat. Simply download the app on your phone and/or desktop and then click the link. This chat group will keep you up-to-date on all current information — like where tomorrow's practice swim is. That way, we don't need to worry about keeping you in the loop via email or text as things change. We plan things quickly and it's all communicated via [WhatsApp](#). We have a Calendar for the season but practice swims can move around and change times. <https://chat.whatsapp.com/Hr7DqnxvAA28HPZwXsTzR>

**GENERAL — Bookmark this tab:** <https://marinopenwaterswim.org/>

MOWSA is thrilled to be in our 3rd season. Our goal is to provide "organized" events for people who want to practice together, experience swimming in different locations around Marin, and generally have a great time with cool people. We currently have about 103 swimmers in our database, all ranging in skill level. About 10-35 swimmers consistently show up for practices and events. Each year, we have between 10-14 events per season (from May to October). There is a ton of information about each swim, safety, and admin on our website. **GENERAL REGISTRATION FOR SWIMS is via the website.** Each swim has it's own tab and you register at the top.

## PRACTICE SWIMS

Right now, we are swimming at least once a week at Paradise Park.

Location:	Paradise Park, East side of Tiburon
Day:	Every Saturday unless there is an event
Time:	Parking lot 8:15am / Toes in at 8:30am
Swim time:	30-45 mins
After:	Coffee and socializing
Risk:	If you're not a regular NBA (North Bay Aquatics) swimmer, you will swim at Your own risk. Please know your own limits.

### SUGGESTED **ANNUAL DONATION** (Only for swimmers— not support craft)

The Steering Committee decided to charge an **annual fee of \$25.00** for MOWSA This pays for things like: domain name, website, printing, signage, safety equipment, trophy, and keeps the event fees low (unless we need to hire a ferry or boats) and so forth

To pay for the 2021 season VENMO @MOWSA

Or you can PAYPAL to Deb: [Deb@debnewton.com](mailto:Deb@debnewton.com) or 415.233.1801

Thank you so much for your contribution.

### **WAIVER**

All MOWSA swimmers need to sign a waiver for insurance purposes. 2022 Waiver attached (Word doc). Return to Deb: [deb@debswims.com](mailto:deb@debswims.com)

### **SUPPORT CRAFT**

Spread the word about MOWSA. We're always adding to our list of paddlers/support boats. If you know of anyone who would like to support us, please send Deb an email with his/her name, cell, and email: [deb@debswims.com](mailto:deb@debswims.com)

### **NEW SWIM MEMBERS**

If you have friends to refer to the group, that's fantastic. Here are some details for new members. You must:

1. Sign and return the attached waiver MOWSA including your emergency contact.
2. Read the safety instructions and wear a colored cap and floating buoy at swims.
3. Be humble and kind and slightly irreverent *is always preferred!!*

See you in the H2O.

Chief

Chief Forrest Craig

415.755.7394